

# LAMBDA

Laurentian University's Student Newspaper

Le journal étudiant de l'University Laurentienne

Volume 40 - Issue 5 / Numero 5

All you want to do is sit around and pout,  
And now I got enough,  
and so I'm gettin' out,  
I'm leavin' now, I'm leavin' now,  
I'm a long gone daddy,  
I don't need you anyhow

- Hank Williams

LAMBDA.PUB@HOTMAIL.COM

## NOW WHAT?



### INDEX

News	2-3
Editorial	4
Opinion	5
Feature	6-7
A&E	10-13
Sports	14-16

Creating Our Own Legacy Since 1961



# Ontario Premier Mike Harris Resigns After Six Years in Office

By Mat Thompson\*  
Editor In Chief

The rumour seemed to spread like wild-fire throughout the halls of Laurentian University on Tuesday afternoon as students all seemed to be talking of one thing; Mike Harris has resigned. A strange mix of joy and anger was felt as students once again

clashed in the never ending battle over the brilliance or evil of the Ontario Premier as he finally put an end to his reign of our province.

As the story jumped from one person to another, the issue was blown out of proportion to that fact that Harris was not only leaving of-

fice, but leaving it immediately. It seemed up to the few who actually read the news or watched television to explain that with Harris' resignation, although in effect, he will still be in office until early next year.

In a press conference held Tuesday, October 16th, Mike Harris stated, "I had time over Thanksgiving weekend to stop and reflect. I thought about my 20-plus years at Queen's Park. I thought about the significant changes that I'd seen... I thought about the progress we'd made as a party."

He went on to explain, "Last night, I delivered a letter... asking the party executive to call a leadership election as soon as possible."

The new leadership election will be a very interesting one as the party will have to find a new leader who can stand as strong as Harris did in his terms in office, as well as bringing a better approval rating back to the party.

Although he has resigned as the leader of the Conservative Party, Harris stated that he would not resign his seat, showing he still has work to do in Ontario.

In recent months, Harris had dropped to 33 per cent in the popularity polls, his lowest standing, compared to 53 per cent for his Liberal rivals. Although the popularity polls show a very low approval rating, the debate over Mike Harris has always been split with very vocal anti-Harris groups protesting at the drop of a hat while supporters sat back knowing they could put their trust in their Premier.

Among other accomplishments, Harris will be remembered for winning the first set of back-to-back majority governments in Ontario since the 1960s. On the other hand his government has simultaneously been plagued by the scandals of the Walkerton, Ont. tainted-water disaster and suggestions Harris himself may have influenced police actions which culminated in the death of native protester Dudley George at Ipperwash Provincial Park in southern Ontario in 1995. Nonetheless, observers said Tuesday his political record was one of the best the province has seen in the past 50 years.

"Harris is now on or beyond the average for post-war premiers of Ontario in respect to his length of time as an MPP, as party leader, time as premier, and the number of elections he has fought and won," said political analyst Graham Murray. "He's had a transformative impact on Ontario politics and government."

A leadership race divided along ideological lines will likely pit the party's neo-Conservative hardliners such as Health Minister Tony Clement and Finance Minister Jim Flaherty against so-called "red Tories" such as Education Minister Janet Ecker and Environment Minister Elizabeth Witmer. The leadership race, which will give every card-carrying Conservative in the province a vote, may also see some party members voting for the candidate they think will do best in opposition, Murray said.



**Supporters Will Need to Find a New Leader While Opponents will Need to find a New Devil to Blame for Their Woes.**

"The question is whether the Tories are looking at someone to lead a government or looking to equip themselves with a good opposition leader," he said. "Somebody who looks desperately premial may turn out to be a bad opposition leader."

Two likely picks for the role of opposition pit bull would be Labour Minister Chris Stockwell, known for his tendency to attack quickly, and Ecker, whose verbal sparring in the legislature has earned her a reputation for quick comebacks.

"The main factor (in a leadership race) is going to be an ideological litmus test coupled with a sense of whether this person can win or not," Murray said.

Any successor will have to live in the shadow of the Harris "Common Sense Revolution," a campaign which carried him to victory in 1995 on a platform of massive restructuring of the government and the broader public sector.

During this time, the Harris government managed to balance the books for the first time in decades while wooing voters in two elections with a series of personal and corporate income tax cuts.

In some of Harris' less popular moves hospitals all over Ontario (including Sudbury) were closed, their administration restructured, the public education system was over-

hauled through a new curriculum, standardized testing and the newly introduced teacher testing.

Harris beat the odds in 1999 by winning a second majority through a platform of further tax cuts and tougher social spending measures. He managed to secure his core supporters through more tough initiatives including a further crack-down on welfare recipients which demanded they undergo drug and literacy testing to receive social assistance. His policies, including a 22 per cent welfare cut in his first term, also provoked massive protests from social welfare advocates.

The campaign of deep spending cuts earned Harris enemies among labour unions, social welfare groups, and particularly among the province's teachers and health care workers. His education reforms sparked massive province-wide teacher strikes which led to a massive disruption of the education of millions of students.

In a final statement Harris stated "My legacy is yet to come," adding it could be realized over the next 10 years after Tory initiatives become more established. "I'm far too young for a legacy," he added. "I'm here at work and I'll be on the job until next February, March or April."

*\*information in this article was gathered from YahooNews.ca*

## Key events in the six years since Ontario Tory Premier Mike Harris took office in 1995:

June 8, 1995: Elected with majority government.

July 21, 1995: Promises to cut welfare benefits by 22 per cent, decrease overall spending by \$1.9-billion.

Sept. 6, 1995: Aboriginal protester Dudley George killed by provincial police at Ipperwash Provincial Park near Sarnia, Ont.

Sept. 27, 1995: Hundreds of protesters clash with riot police during one of the most raucous session openings in the legislature's history.

Feb. 23, 1996: Dudley George's family launches wrongful death lawsuit naming Harris, alleging he told police to use "severe action against protesters."

Feb. 25, 1996: 100,000 in Hamilton hold province's largest labour protest.

Feb. 26, 1996: Thousands of civil servants begin staging walkouts across Ontario over a contract dispute.

May 7, 1996: First budget promises large tax and spending cuts.

Oct. 27, 1997: Teachers across province begin illegal two-week walkout to protest proposed changes to education.

Dec. 1, 1997: Education bill passes that transfers to government control class size, teacher preparation, as well as the time and the length of the school day and year.

Dec. 2, 1997: Government passes law that imposes on cities the entire tab for transit, public health and social housing and pay more for welfare and child care. The province takes over \$2.5 billion in education spending and sets up a \$570-million fund to offset shortfalls in communities.

Sept. 25, 1998: Government considers legislation ordering striking teachers back to work in walkout that kept 200,000 students out of the classroom.

May 19, 1999: Harris says he wants to jail aggressive panhandlers and squeegee kids.

Aug. 21, 1999: Harris announces he is separating from Janet, wife of 25 years.

May 17, 2000 Walkerton, Ont. residents complain of bloody diarrhea, vomiting, cramps and fever. Drinking water tests reveal E. coli contamination.

May 26, 2000: Harris denies Tory cuts caused E. coli tragedy, which in the end killed seven and made hundreds ill.

June 15, 2000: As many as 1,000 poverty activists lob bricks, paint bombs and Molotov cocktails at riot squads during a violent riot at the legislature.

Dec. 20, 2000: Pushes through laws allowing 60-hour work week and making it easier to de-certify a union.

Nov. 14, 2000: Introduces plan to force drug testing on welfare recipients.

Aug. 14, 2000: Announces the keeping of a major election promise - the creation of 725,000 jobs over five years.

June 29, 2000: Becomes the first elected official to receive the annual Tax Federation of the Year Award from the Canadian Taxpayers Federation.

May 9, 2001: Introduces budget offering tax credit on private school tuition, completes 20 per cent cut in income tax, increases health care spending.

June 29, 2001: Harris takes the stand at the Walkerton inquiry, becomes the highest ranking official to testify at such an inquiry.

Sept. 26, 2001: Harris says he is trying to repair his marriage.

Oct. 16, 2001: Harris shocks even his own cabinet by announcing he will resign as premier after spring leadership contest, citing personal reasons.



## Let Us Compare Mythologies: Native Dramatist Tomson Highway Visits LU

by Lynn Bulloch  
contributor

On Thursday, October 4th at 7:30pm a motley group gathered at the Huntington Social Center to hear leading Native dramatist Tomson Highway discuss several mythologies, time, space and sex. Speaking quickly, Highway explained that he would not be his "regular vivacious self" that evening, as he was feeling tired. Nevertheless, his unorthodox talk began with great energy and yielded consistent laughs as he chatted about himself, the growth of Native drama and literature, and discussed the results of Classical, Christian, and Aboriginal mythologies.

A true Canadian artist and intellectual, Tomson Highway bounded out in front of his audience sporting a haphazard red scarf, jeans, a black blazer and a bright wheat-yellow tie. Describing his roots, he spoke fondly of the land where he spent his childhood summers near the Manitoba-Nunavut border and his life as a student and artist. Earning a Bachelor of Music, Highway worked as a social worker because he wanted to help Native people like himself heal

themselves and their families.

Highway's activism later developed in the form of his award-winning contributions to native drama. His plays include the critically acclaimed *Dry Lips Oughta Move to Kapuskasing* and *The Rez Sisters*. He has also served as artistic director of Native Earth Performing Arts, Inc., a Toronto-based theatre group. In his talk, Highway remarked upon the significant body of work produced by Natives who are contributing to the Canadian literary tradition. According to Highway, "there are at least 200 Native writers working across the country to produce a national native literature," which is remarkable since this movement only started to emerge in the early 1980s. For Highway, the growth of Native art forms is integral to the preservation and evolution of Native culture. He also cites the importance of conserving Native languages (which are declining rapidly) because of the many secrets they hold. Discussing Native language, Highway described how in aboriginal language, gender is not a factor: there is no "he" or "she." In native culture, there is no gender hi-

erarchy. In Native mythology, there is no one god, but an indescribable force or "energy" which is present in and all around us.

While past colonialist attempts to wipe out Native culture (and Natives themselves) have failed, they have caused considerable damage, and this has contributed to a need for a cultural revival. For Highway, the need to share Native culture has never been so obvious. In a world where jails are filled largely with white heterosexual males who have committed indescribable crimes upon women; where the earth is diseased and abused; and where our connections to nature and the spirit world are forgotten; Tomson Highway suggests we take a hard look at the gendered, hierarchical structure of Christian beliefs and then consider the value of a circular, transgendered, pantheistic mythology which treats difference with fairness, love and acceptance. Returning to traditional Christian values, Highway looks to the empty cathedrals and the beauty of the landscape to insist that we are in Eden; earth is a paradise and pleasure is not guilty.

## Laurentian University Introduces New e-commerce Degree

LU Press Release

Laurentian University recently approved the creation of a new four-year e-commerce undergraduate degree. The Honours Bachelor of Commerce and Computer Science will benefit from the strength and expertise of faculty members from the University's School of Commerce and Administration and the Department of Mathematics and Computer Science.

This new specialized high-quality program will require a minimum 80% Ontario Academic Courses (OAC) entrance average. It is expected that about 70 students will be registered in the Honours Bachelor of Commerce and Computer Science in September 2002.

The e-commerce students will take courses mainly in commerce and computer sciences. This focused curriculum will provide them with project management tools as well as the expertise required to implement a comprehensive e-business strategy that will integrate information technology applications. Students will also be taught e-business applications, operation and process analysis, enterprise application software, web data management, and applied networks. In addition, students will also learn management fundamentals of marketing, human resource management, finance and management accounting.

This curriculum will position Laurentian graduates in the growing e-business software development and

application segment of the Canadian and world economy. By providing technical computer programmers with management skills, their career growth opportunities will be enhanced.

"Laurentian takes great pride in seeing faculty members from Computer Sciences and Commerce unite their expertise and develop a new program that will meet the specialized needs of the e-commerce sector," declared Dr. Hermann Falter, President of Laurentian University. "Northern Ontario will benefit from this innovative program as it will provide qualified graduates to many sectors that require managers for their computer and information systems."

## Premier Mike Harris Visits Ground Zero

By Keith Leslie  
www.YahooNews.ca

Ontario Premier Mike Harris presented a book of condolences to New York Gov. George Pataki from the province's residents on Tuesday as he visited a city still reeling from last month's horrific terrorist attacks.

"It is an emotional day," said Harris, who had just hours earlier announced he was resigning as premier after six years at the helm of the province. But Harris didn't elaborate on the reasons for the resignation or say whether his decision to step down made the day even more wrenching.

"I came to lay a wreath and pay respects to New Yorkers and their families," Harris said after emerging from a meeting with Pataki on security and trade issues in the wake of the Sept. 11 attacks.

Harris was then slated to visit

the still-smoking ruins of the World Trade Center and lay the wreath at what is now the burial ground for thousands who died there. Harris, the first provincial premier to tour the site, was to be accompanied by Liberal Leader Dalton McGuinty and NDP leader Howard Hampton.

A brigade of cranes and firefighters have been working around the clock since Sept. 11, slowly picking away at the sea of rubble that is all that remains of the once-gleaming World Trade Center towers, long considered symbols of U.S. financial might. Officials say as many as 24 Canadians were among the thousands who died.

Pataki said he was touched to receive the condolence book from Ontario. "The messages from ordinary citizens and ordinary Ontarians mean a lot to us, to the families and

to the workers at the Trade Center site," he said.

Harris and Pataki said the Ontario-New York trade relationship must continue to thrive even as security is stepped up.

"We all agree on the need for increased security to maintain our mutual safety," Harris said. "However, we also know that Ontario and New York are important trading partners and that relationship must continue to develop."

He also repeated his call for Canada and the U.S. to harmonize customs procedures to create a common North American security perimeter. "We will either be inside or outside the perimeter," he said. "And I believe we should be inside."

After the meeting, Harris had little to say about his decision to resign or his legacy as premier.

## News Briefs

### Laurentian student to Represent Canada in a Student Leadership Conference in the United States

Alain Gauthier, a fourth-year Laurentian University human kinetics student, will represent Canada at the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) Student Leadership Conference that will take place in Jacksonville, Alabama, from October 18th to the 21st.

The AAHPERD Student Leadership Conference is designed to offer participants a fun-filled and challenging experience. It seeks to provide them with information that will help them to become better leaders. The Conference will be held at Camp ASCCA-Easter Seals, the world's largest camp for people with disabilities.

Alain Gauthier was selected to take part in this leadership conference by the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD). Earlier this year, this Sudbury resident was presented the CAHPERD Student Award, which is presented to a student who has demonstrated a high level of professionalism in a health, physical education or recreational leadership role at her or his university.

CAHPERD is a national, charitable, voluntary-sector organization whose primary concern is to influence the healthy development of children and youth by advocating for quality, school-based physical and health education.

### Laurentian Names New Director of Computer Services

Dr. Hermann Falter, President of Laurentian University, is pleased to announce the appointment of Mr. Bill Sandblom as director of computer services at Laurentian University. He will be responsible for both the Information and Network systems.

A graduate of Laurentian University, Bill Sandblom obtained a degree in Computer Science as well as a Master of Business Administration. He has extensive experience in computing, networking and information systems areas.

Mr. Sandblom was employed at Falconbridge Nickel Mines, Sudbury Operations, for the last 16 years in computer services in various capacities. He progressed from Systems Analyst to Superintendent of Information Systems before being appointed to the position of Manager of the common Applications Group. In this position he was responsible for the management and direction of the Information Operation Sites.

## Has college expanded more than your horizons?

Picked up a few pounds lately?  
You're not alone. Studies show  
the average college student gains  
15 pounds before graduating.

4-Week  
*EasyRates*<sup>SM</sup>  
Package  
Only **\$30**  
**Plus**

Bring this ad and valid Student  
ID and you'll receive, by mail, a  
FREE mousepad and a Power Water  
Bottle upon joining.

**WEIGHT WATCHERS®**

**WINNING POINTS**

Designed for you, your lifestyle, your schedule.

**1-888-3-FLORINE**  
or click on [www.888-3-florine.com](http://www.888-3-florine.com)  
for meeting information.

\*Gifts will be mailed to student. Offer valid thru October 31, 2001 in traditional meetings at participating locations in franchises 11, 20, 23, 39, 40, 60, 64, 70, 73, 77, 82 & 132. ©2001 Weight Watchers International, Inc. All rights reserved. WEIGHT WATCHERS is the registered trademark of Weight Watchers International, Inc.



## Lambda Staff

### Executive Staff

**Editor-In-Chief**  
Mat Thompson  
**Financial Director**  
Jenni Norwood  
**Assistant Editor**  
open

### Editorial Staff

**News Editor** open  
**Asst. News** open  
**Sports Ed.** open  
**Asst. Sports** open  
**A&E Editor** Hugh Panelas  
**Asst A&E** open  
**Rédact Français** ouvert  
**Asst. Français** ouvert  
**Features Editor** open  
**Asst. Features** open  
**Photo Editor** Poulton's YIG  
**Asst. Photo** Wal-Mart

### Business Staff

**Marketing**  
**Director** open  
**Production**  
**Director** open  
**Circulation** Mat Thompson

### Support Staff

BrysonMcCarthy Keeghan Lachin  
Natalie Dubniczky Sabrina Sandrin  
Kevin Hayashi Ray McGreggor  
Greg McDonald Matt Kent  
Heather Miklovich

### Circulation

Lambda circulates 3,100 copies throughout the city of Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments.

The Black Cat & Black Cat Too  
Douglas Variety & Video  
East Side Marios (Lasalle)  
Casey's Grillhouse  
This Ain't The Only Café  
Mr Sub (Kingsway)  
Subway (Lasalle) Chapters  
Subway (Durham) Comics North  
Peddler's Pub Gloria's Restaurant  
Gilmours Don Cherry's  
The Elm Tree The Travelodge  
Lil' Habana's 1500 Pub & Cues  
Book's & Beans Respect is Burning



Lambda Publications is the weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Student's General Association, yet remains autonomous from all university organizations, both student and administrative.

**SCE 301 Student Centre**  
**Laurentian University**  
**Sudbury, ON, P3E 2C6**  
**(705) 673-6548**  
**Fax: (705) 675-4849**  
**Email:**  
**lambdapub@hotmail.com**

## EDITOR'S CORNER

# What Dreams May Come...

by Mat Thompson  
Editor In Chief

It has finally happened. The one life changing moment that I have dreaded for years has finally come... but things really aren't like I thought they would be. For years I have always told my friends that I would never live past the age of 27. I don't exactly know why, but for years I have always seen twenty-seven as the be all and end all in a person's life.

For me the age of twenty-seven has always been the top of the hill. Everything you need to do in life can be done before the age of twenty-seven. I figured I would be out of school (what a laugh), I would be married and I would be established in some form of employment or another. I had dreams of it when I was younger. I would walk into a house, or a store, or even a street and then it would happen. It was always the same guy, with the exact same shotgun, and the outcome was always the same. Someone would be standing over me, telling me everything would be okay... then I would die. I woke up in fear on a nightly basis with only one hard, true thought on my mind... I was twenty-seven.

So now it has come. I turned twenty-seven last week and things

are not as they seem. I am still in school, I am not married and I am working three part time jobs. I would have to say I have established myself at this paper as somewhat of a main-stay (or icon to the truly informed) but it all seems different. The twenty-seven year old in the dream had different dreams and a different life. I don't think I actually am that same guy in the dream. I have watched him die for over thirteen years now and I have to say I still feel the pain and anguish that he felt every time as he died. The only difference is that I feel for him, as a person feels when they watch a death on television or in a movie.

My friends have all joked and asked me about what the actual date was in the dream that I died. I remember having a set date in mind, but I never told anyone. I still remember that date, but I still won't say what it is. I don't need to be guarded or watched on a date that may just be a figment of my imagination. But wouldn't it just suck if I have been right for all these years. As the date approaches within this next year will I start to act differently? Will I try to ensue that I don't actually meet my end on that exact day? Who knows?

Life changes all the time. I learned that this year just before my

birthday. The man who took me on long walks to the corner store every day to get his paper and buy me candy... the same man who would tell me of his days as a youth in England... and the same man who could tear down a car engine and put it back together in one afternoon... the man I have always called 'papa' could barely get out of his recliner to get a cup of tea or greet me and my girlfriend as we came to visit. He is still the strongest man I know and it meant so much that after a two hour visit he actually got up and walked to the door to kiss me and my girlfriend good-bye... and I want the same thing to happen again at Christmas.

The bathroom where I shared time with a small kitten named Whiskey is now empty. I can brush my teeth in solitude now, pondering the day's events and the days to come... but all I can think about is why she isn't there. I miss her purring... I miss her face... I just miss her.

And then there is a baby named Logan. Logan Henry James Thompson to be exact. He was born into my family less than a month ago. He is my first nephew and the first brother of my nieces Delaney and Ciarra. He barely cries, he barely makes any noise at all. He looks at me with an understanding that he is

safe and secure in what he perceives to be his world... the one he does and will rule. He makes me forget everything else as I hold him in my arms.

Logan is the newest thing in my life that means more than anything else. He is exactly twenty-seven years away from the point I am at right now. As I look at him I think of all the fun he is going to have along the way. I never wasted a moment of my life and I will make sure that Logan does the same. Twenty seven years to go little guy. Live it like I have and you will smile the entire time knowing that something just as fun is waiting around the corner. No matter what dreams may come, I will be there to see you on your twenty-seventh birthday. No matter what...



## SPACE FOR RANT ... Letters to the Editor

### To Whom It May Concern,

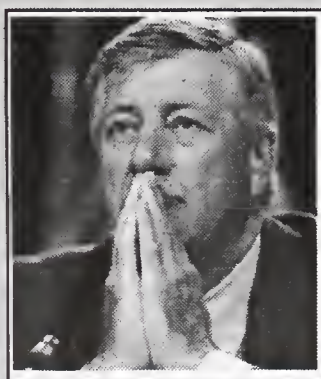
I noticed a quote on the front of the LAMBDA today "If you are forced to read something that's boring, don't put it down...pick up a bottle" - Dr. Thompson. Where did this come from, and which Dr. Thompson are you referring to?

Regards,  
**Susan**

**Editor's Response:** Dr. Thompson showed up on the doorstep of Lambda a few years back but has never actually broken out of his shell until now. His insight into the human condition and his ever-expanding repertoire of quotes as it pertains to student life have astounded many Lambda staff members until it was finally agreed that he would become a new feature within the paper. Dr. Thompson is NOT a member of the administrative staff of Laurentian University, or has he ever been published in his official doctoral manner before this, but we feel that he is a very well informed and almost genius level writer, thinker, philosopher and all around great guy.

**Next Issue**  
**November 1st, 2001**

**Volume 40**  
**Issue 5 / Numéro 5**



Cover Photo by:  
Adrian Wyld (CP)  
www.msnnews.ca

### Write to Us, But Remember...

All submissions become the property of Lambda Publications and thus will be subject to editing. Letters submitted must bear the author's full name and student number. Letters will not even be considered without this information, but names will be withheld upon request. Letters must be no longer than 250 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist or for length. Letters of a harassing or slanderous manner will be dealt with by the proper authorities.

### To the Editor,

After reading recent Lambda articles, I have something to say. You're doing a great job! With only a few staff members, you are able to produce a paper that students wait with anticipation to read. Lambda is a great change to the monotonous journalistic articles found in other papers. This is student paper, and although students enjoy knowing current events, they also enjoy a less serious approach to life. The swearing, off-the-wall articles and obscure subject matter are parts of student life which students (to the most part) like reading; they grab our attention and allow readers to identify with the articles. This paper keeps us informed on the happenings at Laurentian, to which we'd be otherwise uninformed, as well as allowing us to laugh or to know our corruption level.

I find it very disturbing that people grab up copies of this paper as soon as it's delivered, yet do not seem to want to contribute any subject matter to THEIR school paper. Why doesn't a group of student's get together to write Crazy PUB Adventures or Day in the Life of U? I'm also aware more serious contributions are needed such as sports and politics.

I also have something to say to the recent critics of this paper. If you don't like the content...add something you do like, or don't read it!!! I don't think these people realize the demand of writing/editing/publishing a weekly paper (especially with so few staff); nor do they realize that with school, work and social lives sometimes the amazing/revealing/award winning exposés cannot be written to everyone's satisfaction. I'm sure if you have time to bitch and complain about the downfall of Lambda, you have time to write a few words about something you like. Stop complaining and start helping our school paper.

Keep up the good work Lambda.

**Heather Miklovich**

**Editor's Note:** I did not write this. This person is real!!!

### E-mailed Submissions

If you are emailing us a submission for the paper, please ensure that the attached file is saved as a basic TEXT file as we cannot transfer other files to Mac format.

Please ensure that ALL submissions have your name and student ID # on them or they will not even be considered for print under Lambda Publications Policy Manual.

**Copy Deadline:**  
**Fridays @ 2pm**

**Editorial and General Meetings:**  
**Fridays @ 1:30pm**

**Lambda**



## Get in the Ring

by Bryson McCarthy  
columnist

I'm back and this time I am pissed. For once you may actually hear me get a little political this week, which is usually a ring I stay away from, but this time it has to be said.

After this week's announcement by Mike Harris as to his resignation, I have heard so many different opinions from everyone throughout the school. Some people are pissed he is gone and others are pissed he hasn't left yet; and others are pissed that he even exists. Well, I don't know about you, but I really don't think Harris was that bad. Now before you start running off at the mouth like a little Stockwell-clone, read the rest of what I have to say and I will bet that you will agree with at least something I say here.

So many people have come up to me saying that Harris should go because he screws students. The funny thing is when I ask people exactly how he does screw the students they look at me like a deer in the headlights of my '67 Mustang just before I turn it into roadkill stew. Now I am all for students forming their own opinions, especially when it comes to politics, but I can't stand students who have been brainwashed to repeat hate-propaganda against a government-body which they have no clue about. 'I hate Harris'... 'Harris doesn't do anything'... 'Harris sucks'. What is the students' reasoning for this? 90% answered "because he does". Damn... and I thought the intelligence level at this university was already at an all time low.

You cannot take one or two f\*\*k ups and form an opinion on a person from that. Look at everything he has done. They called him 'Chainsaw Mike' for a reason. I will admit that he has messed up a few times causing some irreversible harm, but if I put any of the students who have told me how evil he was in his position, they would probably destroy the entire province in less than a week. Harris became an icon

that people looked to to lay blame, hatred and to vent the problems of society on for which they didn't want to deal with.

A few years back in Lambda (before the reign of Mat the Tyrant), a cover photo was used of protesters here in Sudbury with a sign being held high that stated "HARRIS IS ONTARIO'S HITLER". What the hell is that? How can you compare two men who were so different so easily? That sign offended me on so many different levels I would probably have to kick the bearer's ass at least ten times to even scratch the surface of my anger. Hitler killed millions and Harris cut millions. Ooh, there's the link right there.

Today I heard the worst comment ever that related to Harris and I went off. On the television a news report had stated that the office in New York that Mike Harris visited yesterday was found to be infected with the Anthrax virus. After some testing, Harris has been cleared and will not have to be tested. I was glad since no one deserves to go through that. Then it happened. Some bitch decides to speak up and say "I wish he did have Anthrax, it would serve him right!" Where the @#\$\* do you come from? How does the Premier of Ontario deserve to get Anthrax?

Being the gentleman that I am, I quickly asked the woman (in not so nice terms) how she can even think that Harris deserves to be infected and die from a lethal biological weapon. She tried to tell me that if you live in an evil way you should die in an evil way. So, in her opinion, because Harris has forced teachers to work, made welfare recipients get jobs and get off drugs, and cut taxes like no other Premier he deserves to die a horrible death.

I tried to make my point to her, but like most Harris Haters, she would not listen to the reasoning of a normal, intelligent human being... so I went off. I asked her if she had done anything bad in her life. Of



course she said 'no'. I again asked her if she had ever stolen, killed a fly, lied, used profanities or anything else that could be considered bad. She thought for a minute, then answered yes... so I destroyed her fragile frame of mind with one quick sentence; "I hope your grandmother becomes infected with inoperable cancer, your family pet is run over repeatedly by a convoy of slow moving school buses and the next package your significant other opens from the mail is infected with the Anthrax virus and he dies a slow painful death infecting everyone you love along the way, and you live life alone... forever." It's amazing how fast a person will cry if you really want them to. I went on to explain that, unlike her comment about Mike Harris, I did not mean what I had said and she was the truly evil one for wishing death upon another human. She seemed confused as she tried to pick her pride up off the floor where I stomped it into an oblivion.

I have hated a lot of people in my day, but never have I ever wished something as horrible as Anthrax on them... well there was my prom date, but she reneged on a promise. If you hate someone, find good reason. If that person, no matter how much you hate them becomes ill or could die in a horrible way... think before you speak. Do not wish upon someone something that would be devastating to you and yours. His family would be devastated over the loss of his life just as yours are probably devastated over the loss of your intelligence. I can't believe someone who got into University could be so ignorant as to say Harris deserves to die. I will repeat to you the three things my father always said to me on a daily basis... wake up... grow up... and stop being so stupid. I'd challenge you to get in the ring, but I am afraid you wouldn't be able to find it.

The opinions expressed in this section are the sole thoughts, views and opinions of the writers and do not reflect the views and opinions of Lambda Publications and Lambda Publications' Staff Members.

## If You Sit Too Close, You'll Lose Your Soul

by Kazak@Dustybud.com  
columnist

It was one of those nights when I needed to have a few drinks just to straighten out. I had spent the day wasting time and brain cells and by evening I was sick of television and sick of myself. I felt it was time for others to deal with the demons within.

The presence of the full moon was a sharp jolt to the system. The harvest moon illuminated the evening sky. Sadly, it meant nothing to me. A symbolic event that meant survival for generations past meant nothing to my generation except perhaps overcrowded emergency rooms and a busy night on the police beat.

As I sat at the bar I heard people mention the harvest moon in casual conversation. Perhaps they were searching for someone to tell them why they are supposed to take notice. What does it mean to them? It is a strange thing for one to recognize a cultural event and yet have no clue as to what it means to them. Holidays have forgotten meanings but we adapt. I may not know the kinky escapades of St. Patrick but I know March 17 is a day to drink much heavier than usual.

The flickering images of the television behind the bar captured my attention. Was I watching the heartbeat of my culture on that 19 inch screen? We all prisoners of our own culture. Technology has enslaved us all. It is not a question of right and wrong, good or evil, rather it is a question of direction.

Now our culture is threatened by a force which could change the way we think about ourselves forever. Reality. Why do reality TV shows seem so surreal now? Movie producers and television producers are scrambling to save our innocence. Movies have been changed and scripts have been rewritten to make television seem "sensitive". I wonder what the motive is?

Another drink. Almost straight again.

What threatens the entertainment industry in this sober moment is the grim realization that we are all insensitive and selfish. The question is not how do we cope with tragedy but how do we continue to make the bottom line in spite of it. Is this my culture?

I am hard pressed to spout the evils of the technology I rely on for survival. The farmer who relies on the harvest moon for survival shares the same love hate relationship with the environment which defines his culture.

The speed at which we have progressed since the days which nature controlled us has caused us to become prisoners of the beast we have created. Watching the death of thousands of people on television has done something never thought possible in western society. A mirror has been held in front of the North American culture and what we see is ugly. What happens next will be crucial. Will we seek to grab the reigns of the technology wagon or do we settle in to find out who got Rachel pregnant?

For me it makes no difference who is on my television. Whether it is a beautiful starlet or a homely political analyst doesn't matter to me. I only see what I want to see anyway. Television really enhances my creative thinking.....I suppose it is my muse of sorts.

## CLASSIFIEDS

### TIME CONSTRAINTS?

Writer's Block? Can't find the research materials you need? We Can Help!

Call: (416) 964-9042 Fax: (416) 964-0240

Email: customessay@sprint.ca

## Have You Heard of...Everything?

Keeghan Lachlin  
Staff Writer

Last Friday I had the worst Great Hall experience ever. Believe me I had some bad ones last year but this takes the cake. I went down to the Great Hall to experience the new Aramark treatment. I must say that the new look is appealing to the eyes. Much better than Mariot's high school cafeteria feeling, but the same problems still exist.

I was there at around 1pm and nothing was ready. Nothing! There was atleast 5 people waiting in line at each of the little counters. What's up with that? All I wanted was a slice of pizza and I would have had to wait for it to be ready. The only thing that was ready was a cold vegetarian pizza. Because I, like the other people waiting obviously had places to be I settled for it thinking I had found the loophole to getting out of the Great Hall fast. Hell no! As I head for the cash what do I see, a double line that was about 10 people long. And do you think the staff member working the till was moving fast at

all, nope, certainly not! But to her credit she was very pleasant and was smiling. But seriously people, should I have been in there for about 15 minutes when I had a meeting to get to? No, but I won't even get started on the new prices. It looks like parking isn't the only thing that got jacked through the roof.

I was watching TV the other day when the most disgusting, offensive commercial in the history of television came across the screen. Hey guys, you know the one I am talking about, Canadian Tire's new ad. We all love the one where the four guys walk into Canadian Tire and go on a shopping spree, but now we have to see women do it? I know TV is a land of make-belief, but this stretches past my imagination. When was the last time you saw 4 women walk into Canadian Tire and by tires? That's right never! It's bad enough that the man's store has punked out and now carries such things as candles, but I think that there should be some kind of testosterone test to see if you get granted admittance to the store.

## 日本 Japan Exchange and Teaching (JET) Programme

The Government of Japan invites Canadian university graduates (by July 2002) to apply for positions as *Assistant Language Teachers* or *Co-ordinators for International Relations* at schools and government offices throughout Japan. Renewable one-year contracts begin in late July or early August 2002, with a salary of 3,600,000 yen (approximately C\$ 46,000) after tax.

Applicants should be enthusiastic about Japan, have an excellent command of English language and usage, and be mentally and physically prepared for the challenges of living and working in a foreign environment. For detailed information about the programme, or to download an application package in .pdf format, visit <http://www.japancg-toronto.org>.

Applications are available at York University from *York International, Department of Languages Literatures and Linguistics, Joint Centre for Asia-Pacific Studies*, and the *Counselling and Career Centre* at Glendon College.

Look for the JET Programme display at the eighth annual *Study and Work Abroad Fair: DISCOVER the World Through Education* Tuesday October 23<sup>rd</sup> in the Vari Hall Rotunda, or contact:

The Consulate General of Japan, JET Desk, Suite 3300, 77 King Street, Toronto M5K 1A1  
tel (416) 363 5489 - fax (416) 363 6074 - E-mail [access@japancg-toronto.org](mailto:access@japancg-toronto.org)

Application Deadline is November 23 2001 - Please Do Not Send Resumes



# It's Not The Frosh 15...

*Female college students are more susceptible to eating disorders.*

## Guide to Calorie Burning Activities

Beating around the bush.....	75
Jumping to conclusions.....	100
Climbing the walls.....	150
Swallowing your pride.....	50
Passing the buck.....	25
Throwing your weight around.....	50-300
Dragging your heels.....	100
Pushing your luck.....	250
Making mountains out of molehills... ..	500
Hitting the nail on the head.....	50
Wading through paperwork.....	300
Bending over backwards.....	75
Jumping on the bandwagon.....	200
Balancing the books.....	25
Running around in circles.....	350
Eating crow.....	225
Tooting your own horn.....	25
Climbing the ladder of success.....	750
Pulling out the stops.....	75
Adding fuel to the fire.....	160
Wrapping it up at the day's end.....	12
Opening a can of worms.....	50
Putting your foot in your mouth.....	300
Starting the ball rolling.....	90
Going over the edge.....	25
Picking up the pieces after.....	350
Counting eggs before they hatch.....	6



Trying to Pick Up that 'Hottie' in The Pub burns approximately 376 Calories.

**Next Issue:**  
**Halloween and all Stuff Scary**

## How NOT to Gain the Frosh 15 ...and how to lose the pounds you packed on this summer

by Jasmine Findlay  
contributor

With the first month of school wrapping up, I'm sure some of you have been noticing a slight change in your appearance. Perhaps a slight change in the way your favourite "pick up" outfit is fitting- or not fitting, or just that your six pack is more resembling a nice big, round keg of beer than anything else. Well it is not too late to start on a fitness routine. I hate to call it a diet but rather a slight change in lifestyle. There may be some dietary changes but nothing you guys can't handle. This does not have to be painstakingly boring, but rather a fun and exciting way to meet new people and feel a lot better about how you look at yourself. For those people who are just not interested in changing their appearance, you might want to keep reading. You know who I'm talking about. Their slogan is usually, "If people don't like me for who I am, then @%&# 'em". This is for everyone! It won't be as hard as you think it is, just give it a try. I'm not guaranteeing results either, but I'm positive that you will feel much better by Christmas break if you do follow some of my advice.

### 10 Steps to Start Looking "Hotter"

I. First step to any new problem is acknowledging that it exists. A simple, "Yeah, I'm packing on the pounds", "Do I ever look NASTY in those tight pants", or "Maybe I shouldn't eat the fifteenth Twinkie"

will suffice. And get off your damn couches!!

2. Make a goal. Whether it be to fit into your favourite pants again, to pick up that hot guy! girl in your class, or just to feel better about yourself you have to make some sort of goal. Make it realistic. For example, no one can lose 50 pounds by Christmas, healthily. But you can say I want to fit into those sexy pants that I bought in July by Christmas. Anything unrealistic will just lead you to failure and that's not good.

3. Find a friend. Why? Statistically people stay on new fitness programs better when they are working out with friends. For me, I have to find at least 5 friends, therefore there will always be someone to work out with, and I won't have any excuses.

4. Get a good pair of running shoes- steal 'em for all I care, but you need good shoes. This will prevent future injuries.

5. Find a gym that you want to go to. Choose one that has what you want and what your going to use. Be adamant about going.

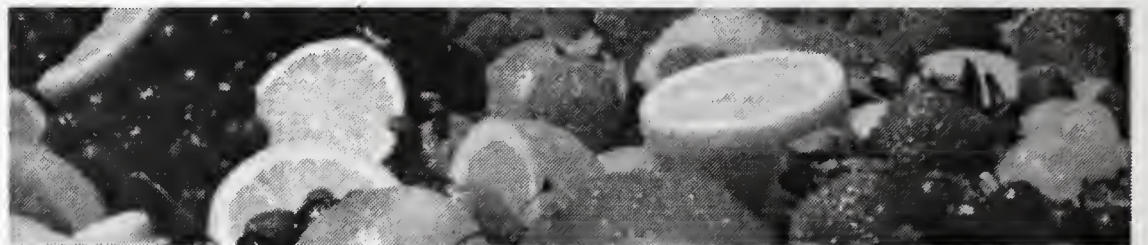
6. Sign up for at least one physical-orientated club. The Karate, Travel and Expedition clubs all do sweat producing activities. Or join an intramural team. This way you are part of something. And who knows you might meet some really amazing person.

7. STOP EATING AT THE GREASY!!! Or anywhere that sells extremely fattening foods. Start by eating less fattening foods. If your going to order in, get a pita or something healthier. Try to get your roommates involved too so it won't be so hard.

8. Walk everywhere. Yes, you walk so "far" to get to class everyday, but you need to multiply that distance about five times for real results. There are tons of trails to go on around the school and in the Sudbury area. You just have to ask around.

9. Start drinking water- at least 8 glasses a day. It seems like a lot but really it's only about 4-5 small water bottles full. It will help you to feel less hungry. It's not like you actually need to eat ALL the food that you do eat everyday. You can skip on the second serving or the tenth piece of pizza.

10. Work out at least 3 times per week. You can lift weight every other day and you can do aerobic activity (any activity that is on going) everyday. Don't forget that in order to lose weight or "tone" you have to include both weight training and aerobic work in your plan. This can include anything from swimming, to running on the treadmill to rollerblading- be creative since your body needs to be constantly challenged in order for results to happen.



## Top Ten Rules of Dieting

1. If you eat something, but no one else sees you eat it, it has no calories.
2. When drinking a diet soda while eating a candy bar, the calories in the candy bar are cancelled by the diet soda. It's a fact!
3. When you eat with someone else, calories don't count as long as you don't eat more than they do.
4. Foods used for medicinal purposes "never" count. e.g. hot chocolate, brandy, toast, Sara Lee cheesecake.
5. If you fatten up everyone else around you, then you look thinner.
6. Movie-related foods do not have calories because they are part of the entertainment package and not part of one's personal fuel. e.g. milk duds, buttered popcorn, junior mints and Tootsie Rolls.
7. Cookie pieces contain no calories. The process of breaking the cookie causes calorie leakage.
8. Late-night snacks have no calories. The refrigerator light is not strong enough for the calories to see their way into the calorie counter.
9. If you are in the process of preparing something, food licked off knives and spoons have no calories. e.g. peanut butter on a knife, ice cream on a spoon.
10. Food of the same color have the same number of calories. Examples are spinach and pistachio ice cream, mushrooms and white chocolate. Chocolate is a universal color and may be substituted for any other.

Students living in residence are  
"Four times as likely to be binge drinkers  
compared to other students."



# It's Just My Winter Weight

## A Student's Comparison of Sudbury Gyms

by Jasmine Findlay  
Acting Features Editor

### Pegasus

Cost: \$179.00 for 8 months  
Location: South End on Regent St.  
Pool: No  
Sauna: Yes  
Indoor Track: No  
Equipment: Bikes, Treadmills, CrossTrainers (Elliptical), Rowers, Steppers, Cable Systems, Weight machines and Free weights  
Services: Personal trainers  
Classes: Yoga, Spin, Boxercise, Step, etc...  
Hours: Monday to Thursday 6am-10pm, Friday 6am-9pm, Saturday and Sunday 9am-3pm.  
Phone Number: 523-9000

### NU Image

Cost: \$59/mth or \$289 for 8 mth  
Location: New Sudbury, Westmount off Barrydowne  
Pool: No  
Sauna: Yes  
Indoor Track: No  
Equipment: Bikes, Treadmills, CrossTrainers (Elliptical), Rowers, Steppers, Cable Systems, Weight machines and Free weights  
Services: Personal Trainers  
Hours: Monday to Thursday 5:30am- 11pm, Friday 5:30am- 10pm, Saturday and Sunday 8am-5pm  
Phone Number: 525-0066

### Cambrian Fitness Center

Cost: \$66.34/ mth (tax incl.) and \$157 for 4 mth  
Location: Gatchell on Lorne St. (Across from Tailgate Charlie's)  
Pool: Yes  
Sauna: Yes  
Indoor Track: Yes  
Equipment: Bikes, Treadmills, CrossTrainers (Elliptical), Rowers, Steppers, Cable Systems, Weight machines and Free weights  
Services: Personal Trainers  
Classes: Yoga (extra), Step, Tai Chi, etc...  
Hours: Monday to Thursday 7am-10pm, Friday 7am-9pm, Saturday and Sunday 9am-4pm  
Phone Number: 673-1430

**50% of college men  
and 37% of college women are  
classified as "binge drinkers"**

## FITNESS BUSTERS!

### How to GAIN the Frosh 15 Fast!!!

1. Eat at the greasy EVERYDAY!
2. Get someone to drive your lazy ass to class (even from rez)
3. Take the bus from the Great Hall to the Phys. Ed. Building
4. Have two Great Hall "specials" for every meal
5. Try to indent your couch a la Homer Simpson
6. Super size anything and everything you eat
7. When you have a Breakup, failed a test or had a Bad day- eat a nice meal of chips, chocolate bars, pizza, and pop
8. Work out? What's that?
9. Movies = large popcorn, extra butter with a king-sized chocolate bar and super big pop
10. Call Toppers after 10pm
11. Never go anywhere remotely close to the Phys. Ed building
12. Keep SPAM within arms length of you at ALL TIMES
13. Make up some bogus excuse why you can't park in the pit- "I have asthma"
14. Pay for parking closer to your classroom, just so you don't have to walk up from the pit.
15. Take the bus so you don't have to walk up from the pit
16. Take the bus to travel throughout the campus
17. Trade your running shoes for bacon
18. Get other people to carry your groceries- you wouldn't want to actually build muscle in your arms.
19. Have a constant supply of junk food in your backpack for that "face stuffing" session, whenever it may be.
20. Drink Homo or Butter milk
21. Get extra whipped cream on everything you order including fries, pizza and bacon.
22. Get extra slices of bacon or sausage with everything you order
23. Always arrive at the pool early so you can get an inner tube- this way you won't have to move at all throughout your whole "swim"
24. Choose to drink in your room rather than walk to The Pub because it's so far
25. Make a special snack of cheese, wrapped in bacon, topped with a slice of cheese, covered in bacon bits and melted cheese.

### YMCA

Cost: \$35.95/mth. Also offering subsidized memberships  
Location: Downtown on Durham St  
Pool: Yes- 1 lap pool with one lane always open for lane swimming, 1 therapy pool with slide  
Sauna: Yes  
Indoor Track: Yes  
Equipment: Bikes, Treadmills, CrossTrainers (Elliptical), Rowers, Steppers, Cable Systems, Weight machines (Biostrength and Selection Line), and Free weights  
Services: Personal trainers, Smart Key system, Getting Started program  
Classes: Aquafit, Spin, Yoga, Tai Chi (at an extra cost), Tae Kwon Do, Aikido, Pilates (at an extra cost), Aerobics- step, cardio hi/lo, etc..  
Extras: For \$21.40 extra per month you can get the enhanced option- an adults only changeroom with towel service, steam room, whirlpool, toiletries, and a lounge area; also lifesaving and first aid courses, adult drop-in volleyball and basketball leagues  
Hours: Monday to Friday 5:30am- 10pm, Saturday 8am-9pm, Sunday and Holidays 10am-6pm  
Phone Number: 674-8315

### Laurentian University Gym

Cost: Included in tuition (September to April Only!)  
Location: Phys. Ed. building  
Pool: Yes- one Olympic sized lap pool  
Sauna: yes  
Indoor Track: No  
Equipment: Bikes, Treadmills, CrossTrainers (Elliptical), Rowers, Steppers, Cable Systems, Weight machines and Free weights  
Services: Free towel, sock, and lock service  
Classes: Lifesaving courses  
Hours: Monday to Sunday 7am-10pm  
Phone Number: Equipment Counter 673-6573

### The Gym Fitness Center

Cost: \$63.00/ mth or \$199 for 8 months  
Location: New Sudbury, on Lasalle  
Pool: No  
Sauna: No, Steamroom  
Indoor Track: No  
Equipment: Bikes, Treadmills, CrossTrainers (Elliptical), Rowers, Steppers, Cable Systems, Weight machines and Free weights  
Services: Personal Trainers  
Classes: Yoga, Karate (extra), Boxercise, etc..  
Hours: Monday to Thursday 5:30am- 11pm, Friday 5:30am-10pm, Saturday and Sunday 9am-5pm  
Phone Number: 560-9000

### SWAP

Student Work Abroad Programme



**Here's your chance** to go on an extended holiday! When again will you have the time and the flexibility to pick-up and go on an adventure? The SWAP experience is not only a fantastic way to cover your travel and living costs, but it's a great way to learn more about the world while adding international work experience to your resume.

Whether you're in the **UK, Australia, New Zealand, France, Germany, South Africa, USA or Japan**, you'll have a network of SWAP resources that will help make your transition abroad a smooth, worry-free, and unparalleled experience.

So why wait? Where are **you** going?

[www.swap.ca](http://www.swap.ca)

**TRAVEL CUTS**  
[www.travelcuts.com](http://www.travelcuts.com)



**673-1401**  
New Student Centre, Rm. SCE-234

Owned and operated by the Canadian Federation of Students





Supporting 284 art groups  
For grant information, call 1-800-398-1141





MUSIC

AS SEEN BY



du Maurier ARTS



# Arts & Entertainment

## Horror Movie of the Week

Hugh Panelas  
Staff Writer

The first thing that a person will think when picking up the multicoloured clam case is this movie must be nothing more than a pile of rotting cheese. Believe me you aren't too far off, but George A. Romero's **Dawn of the Dead** does go down as one of the classic zombie movies of all time.

Of course there is nothing out there that beats Romero's first zombie movie, *Night of the Living Dead*, but this sort of sequel gets you laughing like never before. No, it isn't intended to make you laugh like a comedy would, but because I have a sick sense of humour I did find myself crying from laughing so hard at parts of this flick.

As for plot, well that's pretty simple. After all the zombies start attacking anything that moves, the USA has pretty much gone to hell. All over the place people are trapped, like those in *Night of the Living Dead*. All the major cities are basically under martial law and the police and army are keeping everyone in the cities. Two S.W.A.T. team members and two of their friends manage to get a hold of a helicopter and they fly out of the city and land, you guessed it, on top of a mall.

That's where the fun begins. The mall is packed with zombies and the four of them run around with guns killing all of them in order to make it safe for them to live there. Since the movie was made in 1978, the effects are rather humorous, yet very realistic at the same time. I love the fact that when a zombie gets shot in the head you actually get to see the back of their head splatter off the wall behind them. This movie also contains one of the classic horror death scenes but it comes towards the end of the movie. A group of zombies actually rips a man apart, legs, guts and all. It is truly a well-done death scene. That's quite remarkable considering the time that this movie was made.

There are a few bad points about this movie. The main one is the length. Coming in at 139 minutes, **Dawn of the Dead** does overplay its welcome. Think about it, what horror movie do you know that clocks in at just over two hours. There aren't too many of them, most sit around the hour and a half mark. Because the movie is so long the plot suffers. Then again there isn't too much you can do with four people living in a mall.

Overall I would only recommend this movie to a true horror movie fan. And that again only reaches out to those that like zombie movies. Believe me, **Dawn of the Dead** is a much better sequel than any of the *Return of the Living Dead* series. Those are just bad, bad movies.

## Heineken, Cold Cuts and A Female Metal Head An Interview with Joydrop

by Matt Kent  
staff writer

Last Friday I was fortunate enough to meet one of the coolest groups of up and coming music groups, **Joydrop**. The Band is made up of singer **Tara Slone**, Bassist **Tom McKay**, Drummer **Tony Rabalao** and guitarist **Thomas Payne**. Prior to this meeting, I had the impression that musicians who have been exposed to some degree of success end up with a superiority complex and that they feel better than the common person because of their skill as musicians or their legions of devoted fans. Was I wrong! Though I only met Tara and Tom, the bassist, I could instantly tell that they were just as down to earth as myself, perhaps more.

We went into their dressing room, a small square room only about eight by ten in size. The usual dressing room stuff was there, big mirrors, lots of lighting. Then there were the supplies, cases of pop, juice, and Heineken cooling in ice on one side, and on the other, trays of coldcuts, fruit, and a bottle of Jack Daniels. It made me wonder why in the hell I was wasting my time as a student. Tara and Tom sit opposite me, dressed casually, smoking and drinking some of the nastiest looking coffee I've ever seen. Tom offers me a Heineken... like I'm gonna refuse a free beer.

Me - So how exactly did you guys come together as Joydrop?

Todd - well initially, Tony and I, used to record on people's records together as the rhythm section he'd be the drummer I'd be the bass player, and we started touring with bands as well, just doing Canada and the States. We decided that we'd prefer to have our own band, I'd been signed before and felt that it was a better world than sessioning for other people. I'd seen Thomas before in Toronto, many times, in a band called *Twilight Rituals* and he seemed very talented. Called him up, and we all got together at my house and decided that it would be worth putting a band together. We needed a very special singer, we put an ad in *Now* magazine (toronto's music mag) and the language we used was very...you wouldn't answer this ad unless you had balls, and that was the whole thing. So we did that, many people came out to sing. Tara was head and shoulders above the rest! (Tara started to blush at this point). We were looking for someone who was a professional, could really really sing and had the depth. So that was the first time we got together with Tara it was obvious, the chemistry, there was a lot of potential, and on a musical level, we seemed to agree on

a lot of things just naturally so it was good. But Tara was also, auditioning us, and that's what a lot of people fail to see. She was looking for a band of capable individuals who had skills and were equally dedicated. So it was a very mutual thing.

Tara - We basically started rehearsing, in January of '97. I really didn't know anything about the music industry, I was acting. I had always been involved in it and had loved it, I didn't know about the pure workings of the music industry. These guys had a very solid plan, their plan was to make a demo, and get a record deal. We spent a lot of time in our rehearsal room, rehearsing our songs and recording, and then we pooled our resources and made a three song demo.

Me - and by '98 you were on tour with *Our Lady Peace*..

Tom - That wasn't a tour that was a one off show for us.

Tara - We actually toured with them this year. But our first tour was in 1999 with *econoline* crush.

Me - You talk about how the people in the band are more important than the band itself, but isn't that like, contradicting yourself? The band is you and you are the band?

Tara - No because you can get really caught up in this entity that is the band, and you can say to yourself that we will succeed at all costs and what that means sometimes is that it's at the cost of people's health and faith and...

Tom - Sanity..(eyes closed, suddenly looking very tired)

Tara - Yeah, and you know their mental capacity. So just through a lot of touring we learned just to keep an eye out for...

Me - Keep an eye out for each other

Tara - Yeah, just make sure that we're ok.

Tom - I think that we discovered, for all of us, certain, like exhaustion points.

Me - What's it like to be signed with a producer who's worked with big name groups like *Rage* and the *Chilli Peppers*?

Tara - It was a wonderful experience, he has an incredible team of people that he works with. So it wasn't just him it was his engineers, and he has a lot of connections in Vancouver,

which is where we recorded. So, he did his best to make us feel completely comfortable.

Me - So does it sometimes blow you away, that now, here on only your second album, you're signed with this guy who's responsible for producing some really high grossing albums?

Tara - Yeah, I think that if we stepped back and allowed it to sink in, then definitely.

Me - Not to say that you're not a big name group or anything...

Tara - No, I mean, You know, day to day.

Tom - It's nice talking to, and being around, and working with people who have made lots and lots of records. Garth's father has made many records, and Garth was around him as a kid, just watching records being made. So he's got a real lineage and he knows people who have made big records. Big meaning that people love them. So just being able to talk to these people about the making of records and how to actually make a better record it's like, going back to school or something, it's great.

Me - When you first went on tour, you'd only known each other for a year and a half. What was the biggest obstacle you had to overcome as a band.

Tom - (to Tara) wardrobe budget. (laughing)

Tara - Well, there are many obstacles, I think that any band will tell you that touring is difficult, especially at the beginning when you're in a van. I mean now we're in a bus, but we did almost a solid year and a half in a van. People just get exhausted..

Tom - You start smelling like burger king wrappers.

Tara - You can't eat well, you can't sleep properly, you get cramped and you just....

Tom - You do a lot of work when you're in a band. Physical labour, loading in, loading out. People think like...I always get mad when people say that musicians are lazy.

Matt - So for that first while you didn't have any roadies or anything.

**continued on the next page...**

## Lambda Dating Coupon ONE FREE KISS

All you have to do is walk up to the person of your dreams and hand them this coupon for one free kiss. Lambda does not guarantee that this coupon will actually work, but it's always worth a try.

Valid only where Laurentian University Students can be found.  
Void if used on a Cambrian College Student

No Cash Value. Lambda is not responsible for the reactions of those who do not agree with the coupon! Once you clip the coupon you are on your own!



**Melanie's  
Loveseat  
Saturday, October 27**

**Sex with Sue Johanson**  
(not actual sex)  
**October 19th**  
**from 1-3**

DJs Every Wednesday through Saturday Nights





## JOYDROP

L-R: Thomas Payne, Tony Rabalao, Tara Slone, Tom McKay

Tara - It was us and our sound man.

Me - Who really influenced you guys, as far as role models?

Tara - I think we all grew up with so many different kinds of music, we all have really varied and eclectic backgrounds. So it's hard to say. I don't feel like I had a lot of influences, I feel like I had more inspirations cause there were so many.

Tom - It is varied, it is a long conversation. What I can say is that the four of us definitely have things that our own tastes. It doesn't mean that other people have to be turned on to them, but everyone sort of came with all these different influences, and that ends up being the Joydrop sound.

Me - Is this what you had expected when you first considered making a band? Is it everything you had hoped.

Tom - We'll both answer that, and I'll be brief. I knew what it was gonna be like, I thought that we would have had a little more success with some of the singles. We fought a lot of business....moves, and things which are beyond your control. Often a musician feels like he's got, especially when you try to be as together as we like to be. I don't know, I think sometimes you feel like you could do very well with the record because you're confident of what you can do, but often business gets in the way. I would have liked to see us further along right now, just based on what I believe. It's just a good band that really believes in music and is real and there's lots of writers. All the things that make it Joydrop.

Me - The whole band writes, instead of just one individual.

Tara - We write individually.

Me - But then you come together.

Tara - Yeah, I mean the songs are very much formed after a certain point by us, by all of us.

Me - What is the most memorable

thing that a fan has done to get your attention or try to meet you guys?

Tom - We don't have groupies, (laughing) we're too approachable and nice.

Tara - We've got some super fans. I think we're very accommodating of our fans, we're not untouchable.

Me - I noticed the complete lack of security.

Tara - We think it's important, you know, I mean certainly if somebody went over the line, it would be taken care of. But fans really appreciate it, they appreciate us shaking their hand, and an autograph. You know we get all kinds of people like girls who want their breasts signed and men who want their sacks signed. (at this point Tara leaves to get more of the nasty coffee for her and Tom, while the men discuss Bass guitars.)

Tom - As far as music goes Tara is the biggest metal head (to Tara) You are! Tony is the most classic rock, What's Thomas into? Harmony, he likes....

Tara - Led Zeppelin and like....

Tom - Bjork, and weird eclectic things like The Shaggs...

Me - The who?

Tara - This band called The Shaggs. There was this man in New Hampshire in like, when...the seventies? He like put together a group with his daughters.

Tom - It's a classic, we recommend The Shaggs to anyone who's out there. It's music that will like, change your life. I'm serious, so hopefully you'll print that because The Shaggs will change your life, get a Shaggs record.

Tara - They're hard to find.

Tom - If you can't find it, get *Vibrate*.

Me - What does *Vibrate* mean?

Tara - Well first of all it came from a

song on the album which Thomas wrote, and his little good answer is that he needed a three syllable word (laughing) to fit into the song. He was thinking it was vibrate but it's not, the song's lyrics go "Vibrate, love the things that you hate."

Tara - Our first album was called *Metasexual* which is kind of a word that's not in the dictionary. It actually has a meaning but people can gather from it what they will.

Me - How did you end up getting Tommy Lee in your video for "Sometimes wanna die?"

Tara - Our director had the idea of how we were going to do it and it was just a case of ask and ye shall receive.

Me - What's he like?

Tara - He's a really sweet guy.

Tom - No attitude, no big rockstar bullshit. Really nice to us, treated us fine, was on time, sober. You expect things right? Cause it was Motley Crue.

Tara - Let's just say after having read the dirt about Motley Crue, it was refreshing.

The interview pretty much disintegrated at this point as we broke into a big discussion about the beauty of a good hockey game. All I can say is that Tara loves the Canadiens, and their mixing engineer Randy Staub roots for the Canucks. I look forward to seeing Joydrop in concert in the near future. I won't go into the details of why I didn't see them this time because it was a stupid decision (*editor's note.. the dumbass thought open Mike night at The Pub was going to be more fun*). Tom was really trying to get me to come and I told him that I would probably be there. I really wished I had gone having seen them back in '99. I strongly encourage you to go out and buy *Vibrate*, it's a great album. And if you can, look for their first album *Metasexual*. Remember: I'm not beautiful like you....I'm beautiful Like me.

## Angela Marie's Hair Studio & Esthetics

- Full Hair Services
- Full Body Waxing
- Massage Clinic
- Color Specialist

Book Now for  
Christmas Parties  
and Formals!!!

All Laurentian Students Receive  
**10% Off\***

\*with valid student ID

Receive an Additional  
**15% Off**

Any Service or product with this coupon

One coupon Per Visit, Per Person  
Valid Until December 31, 2001

*214 Shaughnessy Street  
Across from Cactus Pete's  
688-3131*

## University Of Sudbury Parish

Round Chapel Mass  
Hours:

Saturday: 5pm  
Sunday: 10:30am  
Week Days: 12:15pm

At Your Service:  
**Ronald Perron, s.j., Chaplain**  
in charge of the University Parish

André Guay - President  
Vladimir Berens - Treasurer  
Gisèle Demers - Assistant  
Joan Dyck - Pastoral Assistant  
Lise Leriche, F.D.L.S.

University Of Sudbury  
Phone: 673-5661  
Fax: 673-4912

## STUDENT CARDS

Please remember that you must update your Student Cards ASAP.

Student Cards will now be sold **STRICTLY** at the **J.N. Desmarais Library Circulation Section**

You will be able to purchase new cards, replacement cards and renewal stickers.

If you have any questions, please call 675-4800



# Arts & Entertainment

## TSN Editing Sucks

### Movie Nitpicks

Hugh Panelas  
Staff Writer

Once again it's time to pick apart yet another Hollywood blockbuster. As much as I did enjoy *Along Came a Spider*, there were a few little problems that I had with it. The main thing that stood out was the fact that anyone that has a brain in their head would have figured out who the killers were 15 minutes into the movie. Anyways, here we go.

1. Senators and their families do not get secret service protection. However, the girl kidnapped had secret service protection at her school. The agent was not assigned to the son of the Russian president either; she specifically stated she was assigned to the girl's detail. The only member of congress that gets protection is the Speaker of the House, since he is right behind the VP in succession to the president. The senator would get protection if he were a presidential candidate, but that is unlikely, because they stated in the movie that he is not a well-known senator, and that is why kidnapping his daughter did not make sense.

2. When Monica Potter kicks the door to Soneji's office, you can clearly see the rubber doorknob flatten from the impact!!

3. The fingerprint eraser is a nice touch, but the only thing is that the guy seems to only have ONE of them. The one he has is perfectly molded to one hand (I can't remember right or left) but there is not another one for his other hand.

4. When Dr. Cross is being sent to deliver the diamonds to the kidnapper, he is instructed to take the Washington Metro (subway) from platform A at Union Station. However, the subway station was definitely NOT a Washington Metro station, and the train was a New York Mass Transit Authority Train. In addition, Washington Metro stations don't have lettered platforms. The platforms are titled by the line they're on - e.g., green line, blue line, etc.

5. When Cross is doing the ransom drop he ends up on a subway train speaking to the kidnapper on a mobile phone. He may have got a weak signal in the station if he was REALLY lucky but would have definitely got cut off as soon as the train went into the tunnel.

6. When Alex Cross is analyzing the security footage on the computer he finds that the Lindberg photo is missing. He zeros in on the photo and clicks on it, suddenly the female detective realizes he is at a live cam web site because of the navigational arrows that appears. Here's the problem as I see it. The only way you can get to any web site, web cam or not is to have a hyperlink. It is impossible to incorporate a hyperlink into recorded video footage.

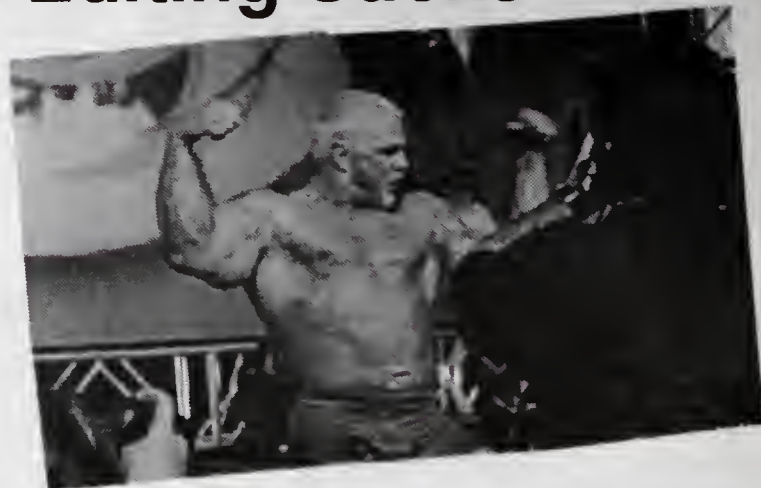
7. While at the barn towards the end of the movie, Agent Jezzie Flanigan fires approximately 21 rounds from her pistol before reloading. Even given a 15-round clip + 1 round in the chamber, that's still too many shots. The Secret Service was issuing the Sig Sauer P229 auto pistol (.40 cal.), which boasts a 12-round magazine. If the Service hasn't changed weapons (and Jezzie was using her issue pistol), Agent Flanigan was around 8 shots over her gun's capacity.

All of these and other nitpicks can be found at [www.nitpickers.com](http://www.nitpickers.com)

Hugh Panelas  
Staff Writer

I have said it before a thousand times and I am now going to say it a thousand and one, I HATE IT WHEN RAW GETS EDITED. I'm not talking about how a useless match or useless promo gets cut out of the 9pm edition for the midnight one, I'm talking about things that involve the women of the World Wrestling Federation. Let me make this very clear, I DO NOT support male on female violence, I DO NOT agree with abuse of women, but we all do know that wrestling is not real, that they are entertainers, and that they do all respect and look out for each other's safety. I know that the critics say that the reason they edit the women parts of RAW is simply because children watch the show and they don't want to send the wrong message to them. Hello!! Are you stupid, the whole idea of wrestling is to beat your opponent down, cheat to win if you have to and when necessary use weapons such as steel chairs and tables to incapacitate them in order to get an easier pinfall. Don't get me wrong, all of these are also forms of violence but here's the difference. I am probably one of the biggest wrestling fans on campus. If I had a son or daughter I certainly would not let them watch wrestling. You have to be mature and have the ability to separate reality from fiction. Hell, I know that I have a problem doing that at times, children don't have that ability at the best of times so of course they will mimic or copy what they see on TV. RAW shouldn't be edited based on that notion, that children see it and will copy it. It should be up to the parents to know and monitor what their children are watching, then again that's the age old argument isn't it.

Well here's another reason that the editing angers me. CTV shows *The Sopranos* at 10pm. Great show, guns, swearing and mobsters. IT'S ON AT 10PM. So is RAW and they edit the shit out of it when there is what the critics dub "too extreme". Oh, I'm sorry, it's ok to watch someone get shot and killed but not get put through a table. Here's one, how



many times have you been channel hopping and the next thing you know you come across City TV and there's some soft-core porn on? Yeah, that also is great, but you can show people getting it on, but not a chair shot to a trained professional's head. As you can tell I am a little pissed about this, I really can't take it anymore. I'm tired of being screwed out of the whole show and experience. I can only e-mail TSN so many times.

Anyways, on to what this article is really about. How much do I love Rob Van Dam? That man is a wrestling god. Anyone that can fly through the air, change directions and hit the 5-Star on a guy that's 3/4 across the ring. This guy can fly. Have you all been paying attention to the people he has victories over? Kane, Jericho, Rock, Stone Cold, Angle, he's on fire. I really could care less if there was interference or not. A win is a win right? At least in the WWF it is. I said within a year this guy was going to be WWF Champion and it looks like it might happen this weekend. One of two things will happen this Sunday. Either Rob Van Dam will in fact walk out with the WWF title around his waste or we will see him turn his back on the alliance and will cost Stone Cold the bet thus Kurt Angle will get it back. It should be a great match either way.

Why is Mick Foley getting back into the ring? Do we really need to see a fat, homeless, washed up looking bumb get back into the ring, hell no. I'm glad that their match isn't going to happen this weekend.

Regal tore his bicep muscle in a recent house show so it looks like the match isn't going to go through as planned. Thank you, I for one don't want to see two really bad wrestlers get in the ring against each other, that would have been one of my scheduled bathroom breaks.

I have to now admit that I was seriously wrong about something that I reported on not too long ago. It has to do with HHH and when he is returning. I jumped the gun and got all excited and said that he may be back his month. Well, sorry to disappoint but they are now saying that the Game won't be back until at least December. I know, I know, I was almost crying when I heard it too but here's what I am thinking will happen. December return, no, January return is what I think.

Hall and Nash are probably coming back for the Royal Rumble and there are a couple of ideas for their return floating around. The first is to have them come back as the Outsiders and re-form the NWO. If that happens look for Shawn Michaels to come back as well, get with HHH and re-form D-Generation X to combat them. The other is to have Hall, Nash, HHH, Michaels and X-Pac get together and form the clique. However, the last and possibly the greatest rumor out there is this. Royal Rumble comes, NWO music hits and out walks Hall, Nash, Hogan, Steiner and Jarrett. Greatest story ever, I think that the wrestling world would roll over and die on that one. I for one can't wait until the Royal Rumble.



### AndyGap

by Andy & Gap



See this comic in colour, and send it to a friend at [www.andygap.com](http://www.andygap.com)



## The Burt Reynolds Movie Of The Week Smokey and the Bandit

by Mat Thompson  
Editor In Chief

I sat down the other day and went through all the different articles and columns I have done over the years for Lambda. I wanted to see what I had done, and although it has been a lot, there seemed to be something missing. Lambda has always needed a weekly movie column (Hugh now has a horror movie one), but as we all know I love to add my own special twisted touch to Lambda. I sat thinking what I should write, then it hit me. What this paper has always needed is a column dedicated to the greatest actor of our time... Burt Reynolds!

So sit back and grab a cold one folks... this is the first installment of *The Burt Reynolds Movie of the Week*.

When you think Burt Reynolds, many different roles come to mind. For our generation we tend to think of movies created within our lifetimes and forget to look at works of film older than we are. Many of us may have heard the legend of... or have seen the cover in the video store, but how many of have actually sat down and watched *Smokey and the Bandit*?

*Smokey and the Bandit* is one of the funniest movies Burt has ever created right down to the total redneck car chases, cowboy hats and every rednecks dream... a 28 year old Sally Field in a Trans Am! What more could you ask for?

*Smokey and the Bandit* is as simple as a movie can get without disappointing. Burt stars as The Bandit, driver hired to bring a bootleg truckload of Coors Beer 900 miles

across state lines to a rich benefactor who bets that The Bandit and his partner The Snowman can't do it. After picking up the beer in an 18-wheeler, Burt drives ahead in the Trans Am to get the Smokey's (highway patrol) away from the bootleg shipment.

This movie is like the Dukes of Hazard exploded all over the big screen. I actually think much of the Dukes television show was stolen from Smokey including names (Enus, Cletus, Bo, a hound dog and a sheriff who's name is very close to Roscoe P. Coaltrain), car chases including jumps and crashes, and just the total redneck fast cars and pick-up trucks attitude.

The movie stars Sally field as 'Frog', a bride Bandit picks up at the side of the road who is trying to outrun Sheriff Justice played beautifully by screen legend Jackie Gleason. The stars are great but the whole vehicle is based around the late 1970's sex appeal of Burt Reynolds. Every scene is packed with close-up shots of Burt smiling, cracking jokes and giving that legendary Reynolds stare that has made women melt for decades (including my mother... blah) and made men either want to be him... or kick his ass!



Burt makes this movie fun to watch. It would still be a good movie if they had cast another person as The Bandit as the non-stop action on and off the road makes this a 70's classic road movie, but he adds to the movie. Burt brings a level of cool to this movie that only a handful of actors have on screen. In my opinion only John Travolta, Frank Sinatra, Paul Newman, Robert Redford and Burt Reynolds have that extra level of cool that just oozes off the screen. the Bandit is probably one of Burt's coolest characters to date.

*Smokey and the Bandit* is available at most video stores (as well as the two sequels) and you just have to see this one. On a scale of one to five (five being the best) I have to give Smokey and the Bandit 4 out of 5 Burt heads.

## Horoscopes For The Punkish Soul

### Gemini

"I'm twenty four, I don't own a tie. I don't have a job and I love to get high. My hairline's receding, I'm getting a gut. I love to jerk off and I love to read smut. I can't run a mile. I'm not Calvin Klein, but I got my own style. I smoke a pack a day, on a good day its two. But with all my faults I'm still cooler than you" - Diesel boy

### Sagittarius

"Possessions never meant anything to me. I'm not crazy (Cause I got none). Well that's not true, I've got a bed and a guitar. And a dog named dog who pisses on my floor. That's right, I've got a floor."

-NoFx

### Pisces

"I started thinkin' you know I started drinkin'. You know I don't remember too much of that day. Somethin' struck me funny when we ran out of money. Where do you go now when your only 15."

-Rancid

### Aquarius

"Slugs and snails are after me. DDT keeps me happy. Now I guess I'll have to tell 'em. That I got no cerebellum. Gonna get my Ph.D. I'm a teenage lobotomy."

-Ramones

### Scorpio

"4 more years ain't right for me, i don't think so. Won't let them teach me how to be a money tree. That's what you are, that's all you'll ever be, a money tree."

-MxPx

### Libra

"Won't be another statistic... Won't be a minority... I'll achieve every goal I have... there's not a thing I can't be! Just as long as I am happy, that's all that matters to me."

-Ataris

### Aries

"Nice guys finish last. You're running out of gas. Your sympathy will get you left behind. Sometimes you're at your best. When you look the worst."

-Green Day

### Virgo

"Hard times and getting harder still but together we can make it through these days. Hold on and take hold of this hand. We turn to each other to find strength there's nothing that we won't beat together, there's nothing that can stop us."

-Gob

### Capricorn

"Wake the fuck up! Each day, more frightening. All of us wanna die. The pressure's tightening. I don't even want to try."

-Korn

### Leo

"How many ways to get what you want. I use the best. I use the rest. I use the enemy. I use Anarchy."

-Sex Pistols

### Cancer

"Turn off the lights and I'll glow. To the extreme I rock a mic like a vandal. Light up a stage and wax a chump like a candle. Dance!"

-Vanilla Ice

### Taurus

"Just heard the news today, let yourself down once again. Trusted your feelings in a place that no one goes. Will you do anything, to satisfy your so-called friend?"

-No Use for a Name

## Screamer's Web Rage

by Olivia O'reilly aka Screamer.  
contributor

<http://sicksack.com>

What sounds to be one of the most disgusting sites on the web is actually one of the funniest. A comprehensive collection of "barf bags" from airlines worldwide, this site has pictures and descriptions for each one (none are shown used). If you've ever been curious about the world of the barf bag, this is the place for you! The person who designed this site collected 379 different barf bags, 244 from different airlines in 97 different countries. If you thought you had an interesting collection of some sort, think again. This site is really something extraordinary and it even allows you easy access (the touch of a button) to recommend it to someone you might know, who might be as enthusiastic about this site as I was.

[www.mayhem.com](http://www.mayhem.com)

This site is great for all you out there that possess a passion for crime stuff. There are crime archives, information, stories and photos of murders, serial killers and cannibals. If your adrenaline rushes to the mere mention of crimes and crime scenes, this is a "criminally" good site. Get it. You might, coz when you first enter [www.mayhem.com](http://www.mayhem.com) you are greeted with fast moving thumbnails and titles. It is very distracting, but you soon develop an eye for it and once you start reading the articles posted in the crime archives you'll wanna join the Laurentian Forensic Club.

**Skippers of the world - unite at [www.iskip.com](http://www.iskip.com)**

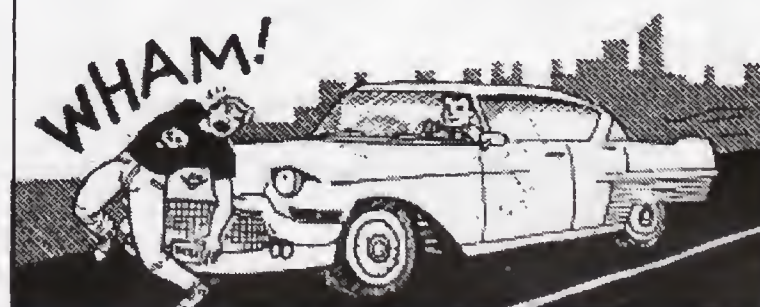
Skipping is the perfect exercise for 2001 because it raises your heart rate and your spirit - at least that's what [www.iskip.com](http://www.iskip.com) claims. And they're not alone. Skipping is sweeping the nation! If you don't believe me, just ask Alanis Morissette, Michael J. Fox, or Olympic runner Suzy Hamilton - all three are listed in the "famous skippers" section as celebrities who regularly skip. Who knew? In addition to the celebrity endorsements, the site also offers skipping news from around the country, contact information for skippers in your areas, and, for only \$15.00, a nifty [www.iskip.com](http://www.iskip.com) t-shirt. Spread the word - buy the shirt and wear it while you skip!

[www.rinkworks.com/dialect](http://www.rinkworks.com/dialect)

Ever wondered what your favorite website would look like had it been created by a redneck? How about a Swedish chef? Better yet, Elmer Fudd? While I've never once pondered these questions, you may well have, and if that's the case then this site is for you. Just enter the URL of the website in question, choose from several different dialects, and click on the "Dialectize!" button. You're instantly - or not so instantly, depending on the current server load - transported to a version of your website in whatever dialect you've chosen

Driving Tip #789

Roadkill is always better when it's wearing Reebok shoes!





## Sports Briefs

### Lady Vees Capture 7th Place at Queen's RMC Open

On October 14th the Laurentian Women's Cross Country team placed 7th at the Queens/RMC Open. Second year runner Natalie Lefort was top-20, placing 16th with a time of 20:16.2 over the hilly 5k course. Lefort was the second runner overall in her 19-and-under age category. rookie Kristie Bale was 8th overall in the same category.

Other scorers included Christina Puscarlu, 28th; Kristie Bale, 31st; Melanie Muise, 46th; Stephanie Ratz, 47th; Adrienne chestnut, 51th; Krista Bolyea, 68th; Lisa Falvo, 70th; and Lori-Lynn Switzer, 84th. there were 10 teams and 132 runners in the race.

Teams ahead of Laurentian included U of T, Waterloo, and Queens, all ranked top-five in the nation. Coach Dick Moss was impressed with the individual efforts and he stated "our depth is better than last year, but team-wise, we are missing a couple of key runners. I'm looking forward to the next two meets, where we should finally have the entire team together."

## LAMBDA NEEDS SPORTS WRITERS!!!

## Body Bonus The Creatine Question!?!?

by Heather Miklovich  
staff writer

Creatine monohydrate is a supplement that has been around for a while now. Everyday more and more people have started using it as a quick fix to build muscle. The only problem is it's often improperly used.

First, let's go over the basics about creatine. It is derived from amino acids found naturally in your body: arginine, glycine, and methionine. These amino acids (building blocks of some proteins) can form creatine in your liver, pancreas, and kidneys. Creatine serves as an immediate energy source for muscle contraction; it also plays a role in controlling pH in muscles, which helps prevent the onset of fatigue.

When supplementing your body's own creatine, you are changing the dynamics of how your muscles are able to work. The additional creatine will theoretically allow greater workout intensity with less fatigue. Various other results can be noted with the use of creatine: increased 1 RM bench press, increased speed of middle distance sprints, increased number of maximal jumps etc.

Some of the side effects of supplementation are weight gain (water retention), muscle pulls, cramps, liver dysfunction, kidney stones and failure. You must keep in mind that the long-term effects are unknown about creatine supplementation.

If you feel that you still need to take creatine to get bigger, there are a few important things to remember.

1. You must work out regularly. Follow a muscle building program to ensure as much of the additional creatine is being used as possible and not collecting in your blood and kidneys.
2. You must follow the creatine cycle. There is a week long loading phase, a month long maintenance phase and month (or more) of recovery with no additional creatine. Research is being performed on the necessity of the loading phase in muscle building; however the recovery phase is essential.
3. You must use the proper amount for your body. The recommended amount is .3grams \*your mass in kg for the loading phase. This value is divided equally four times a day. The maintenance phase requires .03 grams per mass in kg per day.

Keep in mind that a mere 3 grams per day has noted 20% increases in muscle creatine levels. You don't need to overload in the case of creatine; less can be more.

There is another product out now. Instead of the awful tasting powder, a serum that claims to be more readily absorbed into the blood with less waste in your kidneys can be purchased. Although you do need less of this product, it is considerably more expensive than the powdered form.

Before you decide to take creatine, you should really take an informed look at what the pros and cons of supplementation are for you. There are many other less controversial means of muscle building: weights, whey, egg whites. I'm not trying to advocate or deter the use of creatine. I just want people to be sure that it's the right thing for them.

## Lady Vees Soccer Turning Around A Win At Home Brings Spirits Back Up

Vee Line

### Lady Vees 0, Blues 1

The Laurentian University women's soccer team could not manage to gain a win against the University of Toronto on October 6th. Despite the loss of 1-0, the Lady Vees did play an exceptionally strong game on the home field of the Varsity Blues. The lone goal from the currently undefeated Varsity Blues came late in the first half with about one minute remaining. The chances were there for the Lady Vees to recover, however they simply could not capitalize on their chances.

The Lady Vees showed a lot of character on the field and they played strongly from the back line all the way through to the forwards. One Lady Vee who stood out during this game was Marissa Zuliani. Normally manning a striker position, Zuliani was tested out in the defensive position of stopper. Zuliani proved that she could play any position on the field, and play it well. She played a superior game which landed her the MVP honors for the game.

Overall, Lady Vees coach Rob Gallo was extremely pleased with the performance of the team today. Although the Vees have a poor record of 0-7-0, coach Gallo reminds us that the women's soccer program is still quite young, only in their second

year. They are competitive, which is most important right now. The Championships will come later in life for the Lady Vees soccer team; right now they must simply focus on improving and maintaining the respect they have earned in the league for the quality of play they bring to the game.

### Lady Vees 0, Yeowomen 5

The Laurentian Lady Vees soccer team played a difficult game on Sunday, October 7th against the York Yeowomen, finishing with a final score of 5-0 for York. The first half of the game for the Lady Vees was fielded with rookies who played hard and aggressively, only allowing the Yeowomen one goal. Coach Gallo was very pleased with the performance of the rookies during the first half and he felt they played strong and fought hard.

However, after running into a couple of injuries, along with controversial officiating, things turned sour for the Lady Vees during the second half of the game when the Yeowomen managed to net four more goals. Although the officiating was very frustrating, Coach Gallo also admitted that the Lady Vees were simply dominated by a better team.

Lady Vees MVP for the game

was Susie Wiseman. Wiseman, who is from Lively ON and joined the team last season, played an outstanding game, showing a lot of character and fight.

### Lady Vees 3, Lakers 0

On October 13th, the Lady Vees took the field at Nipissing University, playing a remarkable game and breaking their eight game losing streak with a 3-0 shut out of the Nipissing Lakers. The Vees had a solid game from back to front and the entire Vees team was able to play and have a hand in breaking the streak.

Scorers for the Vees team included Venessa Mehes, Edyta Torkarski and Maggie Nuziale. Without a doubt the Lady Vees' midfield dominated the entire game. Midfielder, Deanna Byck earned the MVP of the game after an outstanding performance which dictated the flow of the game.

Coach Gallo was very happy to see the team continue with great effort despite their many losses. The Vees dedication came through with their first win of the season. The Vees are looking forward to play Nipissing once again and they hope to put on a good show for their fans. The next match will be on the Laurentian field on October 20th at 1pm.

## Drop Your Gloves Like A Real Man

by Ray McGregor  
staff writer

Over the past several years the NHL has tried to crack down on the amount of fighting in games. Just recently Vancouver Canucks' tough guy Todd Bertuzzi was given a ten game suspension for jumping the boards and going after Scott Parker of the Colorado Avalanche. During this controversial game Scott Parker was sent out on the ice during a delayed penalty and began to take shots at Canucks' star Ed Jovanovski. Bertuzzi jumped the boards in order to defend his fellow teammate.

It seems like ever since the new rules on fighting have taken effect in the NHL the game has somewhat depleted. People still talk about the days when tough guys such as Tie Domi would square off with the likes of players like Bob Probert, or Troy Crowder. These were crowd pumping bouts where two big hitters would do their best to pound the hell out of one another for the sport of it. Whenever a tough guy went after a superstar, an enforcer would be put out on the ice to teach the tough guy a lesson. This doesn't happen very often anymore and it is bringing the game down. Since the new rules have been placed in the NHL, players have resorted to using their sticks as a way to release their pent up aggression.

Everyone will remember the two handed hack Marty McSorley made with his stick on Donald Brashear not too long ago. Two big men like that should not have to resort to using weapons to intentionally hit each other. Anyone who has played the sport of hockey competitively, including myself, will admit that hockey players take the sport very seriously and anger is a large part of the game. Hockey is a physi-

cal sport with a lot of hitting and heavy contact. In a physical sport such as this it is not uncommon for a player to get angry and want to crush the other team. That's what makes hockey so great.

When two players square off, not only do these players get the opportunity to let go some of their aggression on each other, but the fans get excited and pumped up as do both teams making the game a lot more electrifying for everyone. How many times in the past have we seen an enforcer run after a player of the opposition to protect a superstar or a goalie? A hockey team is just that; a team. Each member has an obligation to the rest of his teammates. Protection is very important. That is exactly what Todd Bertuzzi intended to do the other night. Bertuzzi did break a rule by leaving the bench however it's about time we see some character back in the NHL where guys are willing to stick up for their teams and not be afraid to give or take a few punches. Last year in the playoffs when Tie Domi elbowed Scott Niedermier in the face, Scott Stevens was livid while sitting in the penalty box. If Stevens is such a tough guy, as he is supposed to be after knocking the likes out of players like Eric Lindros out, why didn't he jump out of the penalty box and show Domi just what kind of a man he really is. Some may argue that Stevens is the Captain of the Devils and he is supposed to make an example for the rest of the team. That is the exact reason I think Stevens should have jumped out of the box and went after Domi rather than stand there yelling like a fool. If more guys like Stevens showed what he was made of or supposedly made of, he

would have shown that the Devils were a force to be reckoned with.

There are too many instances when players have resorted to using sticks and cause harm on other individuals. Paul Kariya took a cross-check to the throat from Gary Suter that put him out of the last Olympic Winter Games with a concussion. Hits like this are cowardly. It's about time the league allowed fighting to take place and accept it. What is the worst that happens? Both fighters throw as many punches as they can before the referee breaks them up and they both take their respective spots in the penalty box for five minutes. Neither player is hurt too badly, the teams resume five on five play and the fans go crazy. Yet people wonder why entertainment such as wrestling is so popular.

I say give the fans and players what they want. A player like Gordie Howe never stood down from another player because he played the game as it was meant to be played. Hard clean hits, fast paced action and a few punches thrown makes for a good old fashion barn burner, and that's exactly what's missing from the great game of hockey today. That is Canadian hockey, the way the game was meant to be played, and until we bring back our style of play, we won't own our national sport. Maybe league officials should stop trying to eliminate an aspect of the game that keeps up momentum and energy and consider eliminating things like the use of the neutral zone trap because it tends to slow the game down. I say let them drop the gloves and hammer the hell out of each other. It's all part of the game and any pantywaist that doesn't like it doesn't have to watch!



# Laurentian Voyageurs Soccer Picking Up Momentum

York, U of T, Trent and Queens Fail to Topple the Vees

## Voyageurs' Vee Line

### Laurentian 0, U of T 0

After a hard fought game on Saturday, October 6th on the Toronto Varsity Blues Field, neither the Varsity Blues nor the Laurentian Voyageurs men's soccer teams were able to break through with a goal.

The game was a very competitive game which went back and forth with neither team clinching the upper hand. The Voyageurs played exceptionally well although they missed three great chances to score on the Varsity Blues and take a solid victory home. The Voyageurs dominated at many points of the game, but as the score shows, they just couldn't get the ball in the net.

The game MVP went to Voyageurs' veteran Wellesley Robinson who played an aggressive and outstanding game.

### Laurentian 2, York 2

After a tie against the Varsity Blues the day before, the Laurentian Voyageurs soccer team once again could not win, but refused to lose against the York Yeomen. The game ended with a final score of 2-2.

The first goal of the game came in the first half from Voyageur veteran Dan Falcioni. Falcioni's goal was matched late in the first half by a quick goal by the Yeomen. During the second half of the game the Voyageurs once again grabbed the lead with a goal from rookie Paul Lammens. Although the game



Photo by Shannon Foster

The Voyageurs Rough Up Trent on the LU Field

seemed a lock for a Laurentian win, the Yeomen responded with a final goal, tying the game with less than five minutes to go.

Overall coach Carlo Castrechino felt the Voyageurs played a very competitive and aggressive game against the Yeomen. He was especially proud of Dan Falcioni who netted the first goal of the game and continued to play hard all the way through the game. Falcioni earned himself the game MVP with his performance.

### Laurentian 4, Trent 0

Saturday, October 13th was

the first of two games in which the voyageurs sent the visiting team home with a serious ass kicking. Despite the cold and windy weather, the voyageurs played a very strong game both defensively and offensively as they destroyed the Trent Excaliburs by a score of 4-0.

Laurentian dominated the field for the most part of the game taking most of the action to the Excalibur end of the field. Laurentian was able to take a 2-0 lead in the first half, then doubled their score in the second half to make the game not only a win, but a serious shut-out.

Scoring in the game were

Voyageurs Lawrence Mahoney, Ryan Baker, Paul Lammens and Eelco Bolhius. The MVP honors went to Voyageur Chris Miles. This is Chris' second time earning the title of MVP for his solid back line presence. Chris controls the back line with efficiency that contributes to the overall success of the team.

Coach Castrechino commented that he was glad that they got the win, but there is still room for improvement. The coach feels that the team is starting to soar towards the playoffs.

### Laurentian 4, Queens 0

The Laurentian Men's soccer team, used to the shit Sudbury weather fought through a very windy and wet game to come out on top of the Queens' Golden Gaels by a score of 4-0. The game took place on the home turf here on the Laurentian campus started out slow with one goal by Voyageur veteran Gervase Robinson, in the first half.

During the second half of the game the Voyageurs turned up the heat, adding three more goals to the Voyageurs' score. The goals came from the impressive rookies Ryan Baker and Jason Taylor, and a final goal by veteran Chris Miles.

The game MVP was awarded to Steve Spano. In a game where rain and wind made the ball difficult to handle, Spano was still able to keep the ball out of the voyageurs net, nailing another shut-out. This is the second shut-out in a row for Spano, who has always been viewed as an essential component of the Voyageurs' team.

With this 4-0 win, the Voyageurs have now gone unbeaten in the past seven games. This improvement to their record to a 4-2-4 was very important for the Voyageurs as they are looking for a playoff spot. Coach Castrechino is confident about the teams ability to clinch second place in their division and move into the playoffs. A couple of wins against Nipissing in upcoming games would place the voyageurs where they want to be and coach Castrechino feels the team is poised to pull it off.



OFFICIAL SIGNAL 33: TEAM CAPTAIN WAS HIT SO HARD HE NOW THINKS HE'S A GENIE.

BECAUSE ANYTHING CAN HAPPEN, ANYONE CAN WIN.

You don't have to be an expert to win but you do have to play. So visit a select lottery retailer today and pick 3-6 teams to win, lose or tie, it's that easy.

**PRO-LINE**  
www.sportselect.com



IT'S JUST A GAME. PLAY RESPONSIBLY.

PRO-LINE is governed by the Rules respecting PRO-LINE which are available from the OLGC upon request. These Rules contain limitations of liability. Sport lottery products are not associated with, sponsored by, authorized by, or endorsed by, any sports league, member teams, players, athletes, personalities, or other affiliates in any way. You must be a minimum of 18 years of age to participate. OLGC may, at any time and at its sole discretion, refuse to issue tickets bearing any selection and may limit the aggregate wagering or prize payout. In Hockey, results are deemed final after 60 minutes of regulation play. For PRO-LINE official game rules and more information call 1-800-387-0098 pour renseignements en français.

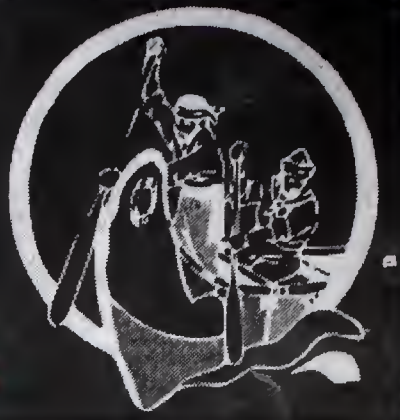


Laurentian  
University

# Sports

Volume 40, Issue 5

Home of the Voyageurs



## Voyageurs Clinch Seven Game Undeclared Streak!

...See Page 15 For Details



It's Our Yard... Since 1961